

THE COST OF CARING: BUILDING RESILIENCY IN PEER SUPPORT WORK



We can pay an emotional price when working with people experiencing adversity and trauma. Some of us hear difficult stories and are frequently exposed to traumatic details. Compassion Fatigue has been called 'a disorder that affects those who do their work well.' (Charles Figley, 1995)

This workshop will help participants identify signs of compassion fatigue and vicarious trauma, learn strategies and language to start discussions on caring for self and promote prevention and intervention on the part on agency and staff.

December 11, 2014 9:00 -4:00 pm

Carol Joy Holling Center, Ashland

This workshop is free, but **YOU MUST REGISTER TO ATTEND.**

Registration deadline: December 8th, 2014

Who should attend: peer support and family peer support specialists.

Questions or to register: please contact Kim Carpenter at kimcarpenter5@gmail.com or call at 402-850-0301. Sponsor: Office of Consumer Affairs